

ENERGY

	Per 100 g Powder	Per 100 mL (at standard dilution)	Per 100 Cal
ENERGY (Cal [kJ])	513 (2146)	68 (283)	100 (418)
PROTEIN (g)	10.6	1.4	2.1
% of total energy as protein		8.3%	
Arginine (mg)	330	43	63
Cystine (mg)	110	14	21
Histidine (mg)	290	38	56
Isoleucine (mg)	600	79	116
Leucine (mg)	1050	139	204
Lysine (mg)	860	114	168
Methionine (mg)	320	42	62
Phenylalanine (mg)	440	57	84
Tryptophan (mg)	180	23.7	35
Threonine (mg)	560	73	107
Valine (mg)	590	78	115
Taurine (mg)	34	4.5	6.6
Carnitine (mg)	7.5	1.0	1.5
Nucleotides (mg)	54.7	7.2	10.6
Source	Nonfat milk, whey protein concentrate and whey protein hydrolysate		
FAT (g)	28.2	3.71	5.5
% of total energy as fat		49.4%	
Polyunsaturated fatty acids (g)	6.3	0.8	1.18
Linoleic acid (g)	3.97	0.52	0.76
Arachidonic acid (ARA) (g)	0.107	0.0141	0.021
Linolenic acid (g)	0.38	0.05	0.074
Docosahexaenoic acid (DHA) (g)	0.051	0.0067	0.01
Omega 6:Omega 3 ratio		9.94:1	
Monounsaturated fatty acids (g)	11.6	1.5	2.2
Saturated fatty acids (g)	9.2	1.2	1.77
Cholesterol (mg)	5.0	0.65	0.96
Source	High oleic sunflower oil, soy oil, coconut oil, ARA and DHA		
MCT oil (% of total fats)		0.0%	
CARBOHYDRATE (g)	56.0	7.4	10.9
% of total energy as carbohydrate		42.3%	
Dietary fibre (g)	-	-	-
Short-chain fructooligosaccharides (scFOS) (g)	-	-	-
Galactooligosaccharides (GOS)† (g)	2.7	0.4	0.6
Source	Lactose and galactooligosaccharides		
Acesulfame-potassium (mg)	-	-	-
Sucralose (mg)	-	-	-

VITAMINS

Vitamin A (RE [IU])	430 (1433)	57 (189)	83 (278)
Vitamin D ₃ (mcg [IU])	6.5 (260)	0.85 (34)	1.25 (50)
Vitamin E (IU)	21.3	2.8	4.1
Vitamin K ₁ (mg)	0.051	0.0067	0.0099
Vitamin C (mg)	76	10	15
Thiamine (mg)	0.6	0.08	0.12
Riboflavin (mg)	1.1	0.14	0.21
Niacin (mg)	5.4	0.71	1.04
Vitamin B ₆ (mg)	0.31	0.04	0.06
Folic acid (mg)	0.052	0.0068	0.010
Vitamin B ₁₂ (mg)	0.0013	0.00017	0.00025
Pantothenic acid (mg)	3.0	0.4	0.6
Biotin (mg)	0.019	0.0025	0.0037
Choline (mg)	76	10	15
Inositol (mg)	30	4	6
Lutein (mg)	0.055	0.007	0.0103

MINERALS

Sodium (mg [mmol])	135 (5.87)	18 (0.78)	27 (1.15)
Potassium (mg [mmol])	630 (16.15)	83 (2.13)	122 (3.13)
Chloride (mg [mmol])	333 (9.39)	44 (1.24)	65 (1.83)
Calcium (mg)	607	80	118
Phosphorus (mg)	326	43	63
Magnesium (mg)	39	5.1	7.5
Iron (mg)	9.1	1.2	1.8
Zinc (mg)	3.8	0.5	0.7
Iodine (mg)	0.100	0.013	0.019
Copper (mg)	0.385	0.051	0.075
Manganese (mg)	0.100	0.013	0.019
Selenium (mg)	0.008	0.0011	0.0016
Chromium (mg)	-	-	-
Molybdenum (mg)	-	-	-

Nutritional information for Similac® Advance® Go & Grow®, Powder

† GOS is approximately 1% of the total energy and provides approximately 1.3 Cal/g

INGREDIENTS

Similac® Go & Grow® with Omega-3 and Omega-6, Powder:

Skim milk, lactose, high oleic sunflower oil, soy oil, coconut oil, galactooligosaccharides (GOS), whey protein concentrate, whey protein hydrolysate, tricalcium phosphate, potassium citrate, *M. alpina oil, calcium carbonate, potassium hydroxide, soy lecithin, **C. cohnii oil, ascorbic acid, choline bitartrate, magnesium chloride, sodium chloride, calcium chloride, ferrous sulphate, taurine, L-tryptophan, m-inositol, cytidine 5'-monophosphate, ascorbyl palmitate, disodium guanosine 5'-monophosphate, disodium uridine 5'-monophosphate, d-α-tocopheryl acetate, zinc sulphate, adenosine 5'-monophosphate, mixed tocopherols, niacinamide, L-carnitine, calcium d-pantothenate, vitamin A palmitate, cupric sulphate, thiamine hydrochloride, pyridoxine hydrochloride, riboflavin, manganese sulphate, lutein, β-carotene, folic acid, potassium iodide, phyloquinone, biotin, sodium selenate, vitamin D₃, cyanocobalamin.

Similac® Go & Grow® with Omega-3 and Omega-6, Concentrated Liquid:

Water, lactose, evaporated or dry skim milk, high oleic safflower oil or high oleic sunflower oil, coconut oil, soy oil, galactooligosaccharides (GOS), whey protein concentrate, calcium phosphate, potassium citrate, calcium carbonate, monoglycerides, soy lecithin, *M. alpina oil, potassium chloride, **C. cohnii oil, ascorbic acid, choline bitartrate, L-tryptophan, carrageenan, magnesium chloride, taurine, ferrous sulphate, cytidine 5'-monophosphate, d-α-tocopheryl acetate, disodium guanosine 5'-monophosphate, disodium uridine 5'-monophosphate, adenosine 5'-monophosphate, niacinamide, L-carnitine, zinc sulphate, calcium pantothenate, vitamin A palmitate, thiamine chloride hydrochloride, cupric sulphate, riboflavin, pyridoxine hydrochloride, folic acid, phyloquinone, lutein, β-carotene, biotin, manganese sulphate, sodium selenate, vitamin D₃, cyanocobalamin.

CONTAINS: Priority food allergens: milk. Ingredients associated with food intolerances and/or sensitivities: coconut oil, lactose, other soy components.

* Source of Arachidonic Acid (ARA) ** Source of Docosahexaenoic Acid (DHA)

Values listed are subject to change. Please refer to the product label or packaging for the most current ingredient, allergen and nutrient profile information.

SIMILAC® GO & GROW®
WITH OMEGA-3 AND OMEGA-6
 STEP 2 DHA- and ARA-enriched formula
 For infants and toddlers 6 to 24 months of age

